

# SELF-QUARANTINE GUIDANCE FOR CLOSE CONTACTS TO COVID-19

**Disclaimer: guidelines for self-quarantine are subject to change as the situation changes!**



## Why am I being asked to self-quarantine?

You have been in close contact with someone who has been diagnosed with COVID-19 and even though you feel well now, it is possible that you are also infected. You need to self-quarantine in case you are infected so that you don't pass on the infection to anyone else. It may turn out that you are not infected, but it is too soon to tell.



## How long do I need to self-quarantine?

Quarantine options (beginning day after last day of exposure to COVID positive individual):

- 14 days
- 10 days with symptom monitoring
- 7 days with a negative PCR test and symptom monitoring
- It is important to note that this is recommended CDC guidance. Each workplace, school, or daycare may have stricter quarantine guidelines.
- If you develop symptoms of COVID-19 at any time during your quarantine period, please isolate immediately and get tested.
- If you continue to live with and/or care for the person with COVID-19 and are unable to avoid close contact (being within 6 feet for a prolonged period of time), the quarantine period will have to restart once their isolation period ends.
- If you have been fully vaccinated, you do NOT need to quarantine as long as you are not experiencing symptoms. You should get tested if experiencing symptoms of COVID-19 and/or 5-7 days after exposure and wear a mask indoors in public for 14 days following exposure or until your test result is negative.



## What are the restrictions?

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas.
- Do not allow visitors.
- Separate yourself from others in your home.
- Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant, severely obese, live in a nursing home, or have a health problem such as a chronic disease (examples: heart and lung disease, asthma, COPD, diabetes, emphysema) or a weak immune system. Consider different living arrangements for these high-risk people if possible.
- Use a separate bathroom, if available.
- Try to stay at least 6 feet away from others.

It is okay to go outside if you can maintain social distancing.



### Can I leave my residence to run errands?

- No, stay home!
- Arrange for food and other necessities to be left at your door.
- If you cannot make arrangements for someone to assist you, please call 211 for assistance.
- You can go on a private balcony or yard or walk outside if you can stay at least 6 feet away from others.



### Can I use public transport?

If you must leave home for medical care, do not use public transport. Use a private vehicle if possible. If you cannot drive yourself, make sure to maintain as much distance as possible between you and the driver and leave windows down.



### Will Public Health notify my workplace or school?

Public Health will not notify or release any personal information about you to your workplace or school unless it is necessary to do so to protect your health or the health of others.



### How should I monitor my health during this period?

Monitor your health for signs and symptoms of COVID-19:

- Fever
- Cough
- Shortness of breath or trouble breathing
- New loss of taste or smell
- Repeated shaking with chills
- Other early symptoms to watch for are chills, muscle pain, sore throat, headache

During this time, keep in contact with friends and family by phone and video chat.



### Should I be tested?

It is recommended that you get tested for COVID-19 immediately after being notified that you are a close contact. If your test result is negative, get tested again 5-7 days after your last exposure or immediately if symptoms develop. Talk to your doctor or testing site to make sure you're getting a PCR test because a PCR test is more reliable for people without symptoms.



### What if I develop symptoms?

If you develop cold or flu-like symptoms, you may have COVID-19. You should contact your Primary Care Provider (PCP) to request an order for a COVID-19 test. In the case that you do not have a PCP, you may visit <https://www.como.gov/coronavirus/novel-coronavirus-2019-covid-19/> and click on "Local Testing for COVID-19". Once you have been tested, contact Columbia/Boone County Department of Public Health and Human Services to inform them of your test. If you need to go to the Emergency Room or call 911, let them know you have been exposed to COVID-19.



### What should I do if I have additional questions?

Visit our website [como.gov/coronavirus/](https://www.como.gov/coronavirus/) for more information and guidance. Please call your PCP for any questions related to your health. If you have any additional questions email [coronavirus@como.gov](mailto:coronavirus@como.gov).